

Glendalough Inquiry & Walking Retreat

10-13 October 2024

With Certified Facilitator and Coach: Nadine Ferris France

Join me for a magical three days in Glendalough, in the Wicklow mountains. From the spiritual Hermitage Centre, we will spend time doing inquiry using the Work of Byron Katie, questioning our thoughts and learning how to work with our mind to relieve stress, anxiety and experience peace from within. There will be morning walks, silence, meditation and poetry to support you as you drop deeply into yourself.

The retreat will include daily guided walks on well known trails of Glendalough accompanied by the poetry of David Whyte and inquiry. This is the silent retreat I give myself every January, and I want to share the experience with a small group of people.



Practical details

Spaces limited to 7 people. First come basis. Food will not be provided but simple cooking facilities and fridge are available in each room. You are invited to bring your own food (breakfast, lunch and dinner and box for picnic lunch). As an option, there is also an excellent restaurant within 5 minutes walking distance of the Hermitage (The Wicklow Heather). Accommodation is a Hermitage cottage each one with it's own woodburning stove, kitchen and bathroom. Each cottage will be 2 people sharing. There is a meditation garden in the nearby church grounds. Bring warm outdoor clothing, walking boots, rain jacket and small

backpack. We will walk no matter the weather. Wifi is limited at the Centre, so best to let people know you will be offline during the retreat

Cost & details

Cost for the retreat will be 600euros. 150euros deposit is required to secure your space.
Payment plan available.

Retreat runs Thursday evening to Sunday Lunchtime (three nights)

Arrival: by 6pm Friday.

First session starts 7pm sharp

Finishes at 12pm Sunday



To book: Email: nadinefrance@gmail.com

Tel: 086 8192324

Web: www.nadineferrisfrance.com

All photographs taken by Nadine Ferris France